



- ALEXANDER TECHNIQUE •
- YOGA & AYURVEDA • FELDENKRAIS METHOD •

TUSCANY RETREAT

EXPLORING THREE UNIQUE APPROACHES
TO PSYCHOPHYSICAL LEARNING

AT BEAUTIFUL VILLA DUCCI
JULY 3TH - 8TH, 2023

6 MAGICAL DAYS | 6 MASTER TEACHERS

Join us for an in-depth exploration of 3 Centered Learning...
Integrating the intelligence of our Mind, Body, and Emotions



*Okay, be honest, any of you who are reading this must at some point in your life have dreamed about visiting **Tuscany, Italy**...*

Soaking up the beautiful atmosphere of sun, excellent food, and superb organic wine... strolling down the narrow streets of a historic town or simply sitting in a small cafe surrounded by the spirit of the people living there.

No matter where you are in your study and interest in the **Alexander Technique**, the **Feldenkrais Method**, or **Yoga/Ayurveda** we invite you to come and learn in the magical setting of Tuscany, Italy.

Come to be inspired and refreshed - all are welcome...

EARLY BIRD TUITION: \$1,500 (€1,400)

Tuition (after May 15th): \$1,650 (€1,545)

This fee covers: Daily Small Homeroom, 2 Individual A.T. Lessons, Morning Yoga, Daily A.T. Specialty Classes, Awareness Through Movement Classes, and "How To Think Like Leonardo da Vinci" lectures with Michael Gelb.

INFO & REGISTER: alexandertechniqueretreats.com

MASTER TEACHERS

Michael D. Frederick

Silvia Sferlazzo

John Baron

Paolo Frigoli

Michael Gelb

Sabine Pfeffer

